Hitting the Target

Gwen Stefani launches her new line for young girls at the mega-retailer PAGE 10

STATE OF THE UNION

U.S. PRESIDENT BARACK OBAMA TAKES A HISTORIC STAND ON GAY CIVIL RIGHTS AND ENDORSES SAME-SEX MARRIAGE PAGE 4

SASKATOON metro®

Thursday, May 10, 2012

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FARMERS' MARKET SPRINGS FORWARD

Tammy Forrester, left, event and marketing co-ordinator at the Saskatoon Farmers' Market, poses for a photo with Debby Claude, manager of operations, Wednesday afternoon. The Saskatoon Farmers' Market changed over to summer hours on Saturday. Story, page 3. MORGAN MODJESKI/METRO

Stadium future up in the air

Relocation. Plans at a standstill until proposal is approved by all three levels of government

JEFF MACKEY
Metro in Regina

Plans for a new stadium in Regina are still in limbo.

The public funding proposal that was debated at a Regina executive committee meeting on Wednesday would see the stadium move from its current location to Evraz Place.

Development for the new stadium would be coupled with urban-revitalization efforts across downtown Regina. The total cost of the proposal is projected at $1 billion and includes an open-air stadium, a large pedestrian crossing, and new housing developments at Mosaic and the CP rail land across from Dewdney Avenue.

The funding in the proposal involves the city, the province and the federal government all putting the money upfront to purchase the land.

"Once we have the CP lands and the Mosaic lands opened up, there is going to be a lot of opportunity for private-sector investment," said Coun. Fred Clipsham. "Whether it is going to be commercial or housing, whatever, and that's going to be in the neighbourhood of $650 million, which together with the $350 million we are looking at today makes $1 billion."

The proposal has not yet received city council, provincial or federal approval. Until that time concrete details surrounding the project, as well as to what extent the private sector will be involved, are practically non-existent.

"We are not there yet. Until we have baited the hook and reeled in whoever we are going to reel in from the private sector, we need to see what this looks like from their side and what they are prepared to finance," said Clipsham.

Cleaning up the system

The Saskatoon Health Region is taking action after biomedical waste was found recently at the Saskatoon landfill PAGE 3

Missing in the mountains

Search-and-rescue teams have been deployed in western Indonesia after a Russian test plane went missing with 50 on board PAGE 4

Unique ways to fete mom

Discover fresh ways to say 'I love you,' beyond the typical breakfast in bed, Sunday brunch or lazy morning lie-in PAGE 13

Going to Game 7

After a tough-luck loss in Game 5, the Washington Capitals bounce back with a 2-1 win against the New York Rangers PAGE 14

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Teens attacked

Suspects nabbed in street thefts

Four Saskatoon men face charges of armed robbery after a series of muggings on Tuesday.

The first incident occurred at 1 p.m. and involved a 16-year-old victim who was approached by four males with bear spray while walking in the 1800 block of Madden Avenue. The thieves escaped on foot with some of the victim's belongings.

At 2:30 p.m., a 17-year-old walking on the 600 block of Lenore Drive was also approached by four males with bear spray. This victim escaped and notified police.

Police later identified one of the suspects and a vehicle. All four occupants of the vehicle were arrested and are expected to appear in provincial court on Wednesday. METRO

Economic investment

Rural roads to get $23.5-million makeover

Rural roads will be getting a major improvement in the near future.

Jim Reiter, minister of highways and infrastructure, and David Marit, president of the Saskatchewan Association of Rural Municipalities, are expected to announce $23.5 million in grants to the province's rural municipalities under the Municipal Roads for the Economy Program Thursday at the provincial legislature. METRO

Travis Paranteau

Inquest jurors call for prison reforms

A six-member jury is recommending that all cell doors at the Saskatoon Provincial Correctional Centre be visible to a camera.

Their conclusions came after two days of graphic evidence and detailed testimony at the inquest into the death of Travis Paranteau, 27, who committed suicide while on remand at the centre in 2010.

The recommendations of the jury were not read in court, but Dawn Knudsen, Paranteau's sister, says they include covering exposed piping in cells, which Paranteau used to hang himself.

She says the jury also wants staff at the facility to have up-to-date CPR and first-aid training.

THE CANADIAN PRESS

Nilesh Kavia, vice-president of finance and corporate services with the Saskatoon Health Region, takes questions from the media on Wednesday outside the Saskatoon City Hospital. MORGAN MODJESKI/METRO

Medical waste in landfill 'disappointing': SHR

Used IV bag found. Official says health risk to public is 'very low'

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Biomedical waste has recently been found at the Saskatoon landfill and the Saskatoon Health Region (SHR) says it is working to ensure it does not happen again.

Nilesh Kavia, vice-president of finance and corporate services with SHR, said there have been three incidences since January.

"It was very disappointing for us. It's something we take very seriously," Kavia said. "We have very clear procedures on segregating waste and we've been spending a lot of time re-educating our staff."

Brenda Wallace, manager of environmental services, said landfill staff recently found a container that held whole blood. SHR later confirmed it to be an intravenous bag.

"The risk is very low," Wallace said. "However, there are two considerations that are very key and important to us. We don't feel our staff should be exposed to something that makes them feel uncomfortable or that they perceive is a safety issue or risk. And secondly, we also do not ever want to receive material that would violate our permit to operate."

Kavia said along with ramping up education on proper waste disposal and a poster campaign, SHR is looking at implementing a labelling system that would help track biomedical waste.

Follow Morgan Modjeski on Twitter @morganmodjeski

Sure sign of spring. Market launches summer hours

The Saskatoon Farmers' Market launched its summer hours over the weekend and market administrators say they're excited about the coming season.

"There's always new vendors and new products that come into the market every year, so we're always sort of excited for that, because you never know who's the next person to walk through the door," said Debby Claude, manager of operations.

"We accept new people all the time, but we always have our regulars."

Tammy Forrester, event and marketing co-ordinator, said the farmers' market is still planning this season's events, but noted that the market lets people get away from the city without ever leaving Saskatoon.

"We've got this great farmers' hub and market space right in the middle of the downtown core," Forrester said. "It's a little bit of a safe, natural environment here, and I think (we're) building on that with events that celebrate that, to bring people down here to really get that feel of homegrown, home-cooked home food — the authenticity of really being a farmer in this province of ours."

Along with celebrating Saskatchewan culture, Forrester hopes coming to the farmers' market also makes people more aware of what they're putting on their plates.

"We're really encouraging people to maybe change some of their buying behaviours," she said. "Instead of driving to the Costco, maybe turning the car and driving to the market and seeing what they can buy that's fresh, real and authentic down here."

MORGAN MODJESKI/METRO

To market we will go

- The Saskatoon Farmers' Market was founded in 1975 and today has more than 140 members.
- It moved to its year-round site at River Landing in 2007.
- Saskatoon's "electrical garage" was renovated to house the market.

1 NEWS

On the web

These toys are locked and loaded

Gun parts and ammunition found hidden inside a child's stuffed animals at a Rhode Island airport are said to be related to a nasty custody battle. Federal transportation agents found the items Monday when a man and his four-year-old son went through security at T.F. Green Airport. Read the full story at metronews.ca

Kitty kidneys cause for concern

With no known cause or cure, kidney disease is the leading cause of death for cats. With one in 12 cats living with the disease, pet owners are wondering how to safeguard their kitties against the deadly ailment. Read the full story at metronews.ca

Mobile news

In an eat-your-veggies-before-dessert-style incentive program, video-game makers have created a pilot project that forces kids to get active before they get gaming. Scan the code to read about what's being billed as the first-ever online game to use kids' daily activity as its sole power source.

Positive statistics

Canada's cancer death toll on decline: Report

The death toll cancer takes in Canada is on the decline, fuelled in large part by the fact that lung cancer is killing fewer Canadian men than it did in earlier decades, the Canadian Cancer Society said Wednesday.

In its annual report on cancer in Canada, the agency estimated that close to 100,000 lives have been saved in this country over the past 20 years because of the declining cancer death rate.

In part that is due to improved cancer-survival rates. There have been advances in treatments for several types of cancer, meaning more Canadians are surviving the disease. THE CANADIAN PRESS

Taxpayer savings

Prisoners to feel the pinch as Toews steps up campaign

Public Safety Minister Vic Toews is taking his tough-on-crime campaign a step further by making prison inmates pay more for room and board behind bars.

The minister said Wednesday that Corrections Canada will also eliminate incentive pay for convicts who work in prison shops, and will turn the running of all prison canteens over to inmates.

Other changes will streamline the way prisoners purchase products from the outside. Toews said the changes will save taxpayers $10 million a year.

THE CANADIAN PRESS

Double agent

Saudi Arabia now an ally to U.S. in fighting terrorism

A decade after hijackers mostly from Saudi Arabia attacked the United States with passenger jets, the Saudis have emerged as the principal ally of the U.S. against al-Qaida's spin-off group in Yemen and at least twice have disrupted ambitious plots to explode bombs aboard airlines.

Details emerging about the latest unraveled plot revealed that a Saudi double agent fooled al-Qaida in the Arabian Peninsula, passing himself off as an eager would-be suicide bomber. Instead, he secretly turned over the group's most up-to-date underwear bomb to the CIA. THE ASSOCIATED PRESS

Same-sex couples should be able to get married: Obama

Making history. U.S. president becomes first to throw support behind gay marriage with general election around the corner

Barack Obama made history Wednesday as he became the first U.S. president to throw his support behind same-sex marriage, a hot-button social issue for many of his fellow Americans as a general election looms.

"I've just concluded that for me personally, it is important for me to go ahead and affirm that I think same-sex couples should be able to get married," Obama said in an hastily arranged interview with ABC News. The interview came three days after U.S. Vice-President Joe Biden threw his own full support behind same-sex matrimony.

Obama said his previously "evolving" position has changed over the years.

"I've talked to friends and family and neighbours about this. Members of my own staff are in incredibly committed monogamous relationships, same-sex relationships."

He also mentioned those serving in the military who are "fighting on my behalf and yet feel constrained, even now that 'Don't Ask Don't Tell' is gone, because they aren't able to commit to a marriage."

Obama's wife Michelle also influenced his decision, he added. "This is something that, you know, we've talked about over the years ... and she feels the same way that I do," Obama said. "In the end the values that I care most deeply about and she cares most deeply about is how we treat other people."

The fact that his young daughters have friends whose parents are same-sex couples also played a part, he said. "Malia and Sasha, it wouldn't dawn on them that somehow their friends' parents would be treated different," Obama said.

"It doesn't make sense to them and frankly, that's the kind of thing that prompts a change in perspective."

Liberals rejoiced in the news. "This is a historic day," Justin Ruben, executive director of MoveOn.org, a progressive advocacy group, said in a statement. "The president's support for marriage equality is great news that's likely to energize progressive activists across the country."

THE ASSOCIATED PRESS

U.S. President Barack Obama speaks during a campaign rally at Ohio State University. HARAZ N. GHANBARI/THE ASSOCIATED PRESS

Opposite view

Romney's stays true to his stance

Mitt Romney says he believes marriage should be restricted to one man and one woman and that he's held that view "since running for office."

The presumptive Republican nominee for the U.S. presidency called same-sex marriage "a very tender and sensitive topic" following U.S. President Barack Obama's unequivocal declaration of support Wednesday for allowing same-sex couples to marry.

Romney did not go so far as to accuse Obama of changing his position on the issue. Questioned by reporters, he said news reports indicate Obama has shifted his stance.

Romney says states should be able to decide whether to grant certain legal benefits to same-sex couples.

THE ASSOCIATED PRESS

Judge murder trial. Court hears accused asked medics not to revive wife

A judge accused of killing his wife asked an ambulance team not to bother trying to revive her, his high-profile murder trial heard Wednesday.

Jacques Delisle, a retired judge at the Quebec Superior Court, is accused of shooting his wife in the head with a revolver. He maintains that his wife, who was paralyzed on half her body, committed suicide.

THE CANADIAN PRESS

Jacques Delisle THE CANADIAN PRESS

Indonesia. Russian test plane, with 50 on board, missing in mountains

A new Russian-made passenger plane went missing over mountains in western Indonesia while on a demonstration flight Wednesday arranged for potential buyers.

Fifty people were on board, including diplomats, business people and journalists.

Search-and-rescue teams were deployed to the area just south of the capital, Jakarta, said Bambang Ervan, a spokesman for the ministry of transportation.

He said more than 100 people were still searching the rugged, forested terrain after darkness fell. Bad weather, however, forced at least two helicopters to turn back.

The Sukhoi Superjet-100, Russia's first new passenger jet since the fall of the Soviet Union, was supposed to be on a quick test flight.

THE ASSOCIATED PRESS

May 15. Take part in historic collaborative photography project

This May 15, Metro readers worldwide are invited to take part in "the largest collaborative photography project in history."

Aday.org asks pro and amateur photographers on one day only this May to take their cameras and capture moments in their daily life. Organizers literally want to get a snapshot of the world we now live in.

"We are encouraging millions to photograph their daily life that will give millions of perspectives for immediate exploration and historic reflection," Ayperi Karabuda Ecer, editor-in-chief of Aday.org, told Metro.

This global event, lauded by luminaries such as Nobel Peace Prize laureate Desmond Tutu and pop artist Robyn, will see millions of images generated for what organizers hope will give a "planetary message for the future." METRO WORLD NEWS

METRO CUSTOM PUBLISHING PRESENTED BY **SCOTIABANK**

ENJOY 5-STAR RESORTS WITH YOUR CREDIT CARD

SINGLE PROFESSIONAL

Chanel, 39, has a good life! A vice-president of a consulting firm in Vancouver, she makes $125,000 a year and lives in a two-storey condominium downtown. While she works very hard – 60 hour weeks are not unusual – she rewards herself handsomely. She drives a new car, dines out frequently, and loves to travel as often as she can.

Chanel uses her *Scotia Momentum*® VISA Infinite* cash back credit card to pay for as many of her monthly purchases as possible. Not only does she earn cash back for every dollar spent on her card[1], but her *Scotia Momentum*® VISA Infinite* card also provides exclusive access to travel[2], cultural and dining opportunities, as well as a complimentary concierge[3] service. For the past few years, she's taken advantage of the special travel packages created exclusively for VISA Infinite cardholders.

Last year, it was Mexico. This spring, she'll have VIP guest status at a luxurious beach resort in Maui, Hawaii because she used her *Scotia Momentum*® VISA Infinite* card to book the trip[2].

"I can't wait," says Chanel, who's had fun shopping for her trip and finally found a new bathing suit she liked. She's packing her golf clubs and tennis racket, and looking forward to the fantastic dining she's heard about at the resort too.

The *Scotia Momentum*® VISA Infinite* card is the only reward card that Chanel uses, and she uses the card whenever she can. She recognizes the benefit of only using one credit card to maximize her cash back rewards. The card provides 4 per cent cash back at gas stations and grocery stores, 2 per cent cash back at drugstores and recurring bill payments, and 1 per cent cash back on all other purchases[1]. While there's an annual fee of $99[4], Chanel says the return and the time saving factor from the complimentary concierge service is more than worth it. In fact, with the cash back reward she gets every year, she could pay for the card many times over.

Last year, the card gave her more than $700 cash back, and she's using the money to help pay for her trip to Hawaii. "It doesn't get any better than that!"

This advertorial is prepared by Scotiabank. Character in this advertorial is fictional. [1]See #1 in our ad of this publication for details on the benefit. [2]See #2 in our ad of this publication for details on the benefit. [3]See #3 in our ad of this publication for details on the benefit. [4]See #4 in our ad of this publication for details on the benefit.

Scotia Momentum® Cash Back Calculator

Chanel's profile:

Chanel uses her *Scotia Momentum*® VISA Infinite* card to pay for about $3,000 worth of purchases a month. Some fixed costs such as condo fees are not payable by credit card and therefore not included in these calculations.

	$0	1,000	2,000	
Grocery Store				$ 390
Gas Station				$ 510
Drug Store				$ 300
Recurring Bills				$ 150
Other				$ 1,650
			Total Monthly	**$ 3,000**

Chanel's Estimated Annual *Scotia Momentum*® Cash Back

Chanel has a *Scotia Momentum*® VISA Infinite* card. Here's a look at the cash back her purchases add up to in a year.

Scotia Momentum® VISA Infinite* card

4%	$ 432	
2%	$ 108	
1%	$ 198	

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[1] You will earn 4% cash back on the first $25,000 you spend annually at VISA merchants classified in the VISA network as Grocery Stores & Supermarkets, Service Stations (with or without ancillary services) and Automated Fuel Dispensers (Merchant Codes: 5411, 5541, & 5542). You will earn 2% cash back on the first $25,000 you spend annually at VISA merchants classified as Drug Stores & Pharmacies (Merchant Code: 5912) and Recurring Payments. These added benefits will not apply to merchants located on the premises of these merchants but who are classified by VISA in another manner. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Not all merchants offer recurring payments. You will earn 1% cash back on purchases made after you have reached the 4% $25,000 annual spend maximum and/or the 2% $25,000 annual spend maximum and on all other purchases made with the card. Cash back is not awarded for cash advances, *Scotia*® VISA cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges. [2] The number of properties that are part of the program will change over time. Offers are subject to availability and other restrictions may apply. [3] Cardholders are responsible for the cost of any goods or services purchased through Visa Infinite Complimentary Concierge service. [4] The *Scotia Momentum*® VISA Infinite* card regular interest rates are 19.99% on purchases and 21.99% on cash advances, balance transfers and *Scotia* VISA® cheques. The Balance Transfer fee is 1% of each balance transfer amount over $100.00, to a maximum fee of $150.00. Rates and fees as of July 1, 2011 and are subject to change without notice. All *Scotia Momentum*® VISA Infinite* cards have Visa payWave. Visa payWave™ is a Trademark of Visa Int./Lic. * Visa Int./Lic. user The Bank of Nova Scotia.

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Wheat board cuts hundreds of jobs as monopoly ends

Labour. Canadian Wheat Board will eliminate three-quarters of its staff starting this month

The axe is swinging monthly at the Canadian Wheat Board as the agency moves to cut about three-quarters of its staff after losing its monopoly over western wheat and barley sales.

"We indicated right from the beginning of the planning process that the Canadian Wheat Board would be a much smaller entity, would need to right-size its staff complement ... now that CWB no longer markets all the wheat and barley from western Canada," spokesperson Maureen Fitzhenry said Wednesday.

Fitzhenry said jobs are being cut every month.

The number of employees will be down to 288 by the end of May and will drop to about 100 by the end of the year.

There were 430 people on the payroll, mainly at the headquarters in Winnipeg, at the beginning of 2011.

The cuts follow the federal government's decision last year to make the government-backed but farmer-controlled agency a voluntary route for producers, ending a six-decade-long monopoly.

The move divided the farming community. Some producers said they deserve the right to seek higher prices on the open market, as their counterparts in Eastern Canada do.

Others have predicted prices will drop as producers compete with each other instead of banding together under the wheat board.

The controversy spawned several court battles led by pro-monopoly producers and former directors of the wheat board who were elected by farmers.

Agriculture Minister Gerry Ritz has criticized the lawsuits and has urged critics to let farmers move on and prepare for the new crop year, which starts Aug. 1.

THE CANADIAN PRESS

Lawsuits

A group called the Friends of the Canadian Wheat Board has filed a class-action lawsuit in Federal Court, asking the court to restore the board and give farmers $17 billion in damages.

- There is also a lawsuit filed by wheat-board supporters last month, which seeks $15.4 billion in damages.

Protesting the pipeline

Martin Louie, a First Nations leader from Nadieh, B.C., leads scores of West Coast First Nations and supporters towards Enbridge's annual meeting of shareholders in Toronto Wednesday to denounce a proposed pipeline that would cross their territories. The Yinka-Dene Alliance argues the Northern Gateway project poses a threat to aboriginals' way of life by threatening waterways and ecosystems. Project opponents travelled from the West Coast aboard a "Freedom Train" to make their point in the country's financial heartland.

CHRIS YOUNG/THE CANADIAN PRESS

Allegations. SNC-Lavalin faces $1.5-billion lawsuit

Embattled engineering giant SNC-Lavalin is facing its second class-action lawsuit in months after a Toronto firm said it is seeking $1.5 billion on behalf of investors outside of Quebec who saw the value of their asset plummet.

Rochon Genova LLP announced the lawsuit Wednesday, alleging the Montreal-based company violated securities law by misrepresenting that it had adequate controls and procedures to ensure accurate disclosure and financial reporting.

"When a company repeatedly highlights its strong governance practices to the investing public, revelations of serious misconduct cause damage to the company's reputation and, in turn, substantial harm to its investors," lawyer John Archibald said in a news release.

The claim arises from alleged payments made by SNC-Lavalin to members, associates, and agents of the Gadhafi regime to secure contracts for infrastructure projects in Libya.

The allegations have not been proven in court.

THE CANADIAN PRESS

BlackBerry. Smartphone maker granted patent

Research in Motion, the Waterloo, Ont.-based smartphone maker, has been granted a patent from the United States Patent and Trademark Office for an "angular keyboard for a handheld mobile communication device."

Submitted in January 2009, RIM's patent application outlined a newly designed smartphone keyboard with angled lines separating each key.

RIM said the unique keyboard makes it easier for users to type and increases accuracy.

The beleaguered company has been denying rumours that it's phasing keyboards out of its smartphone designs, in favour of flat front surfaces like Apple's iPhone.

Chief executive Thorsten Heins told media at the BlackBerry World conference in Orlando last week that RIM's new line of smartphones, to be installed with the forthcoming BlackBerry 10 operating system, will include models with and without keyboards.

"We won't lose the focus on physical keypads," Heins said.

THE CANADIAN PRESS

Tim Hortons

Coffee chain flourishes despite tough times

Financially squeezed coffee drinkers have largely been undeterred from frequent visits to Tim Hortons., but the coffee and doughnut chain said it has seen a decline in hard-hit manufacturing towns.

Tim Hortons reported Wednesday a 10 per cent increase in first-quarter earnings and a 12 per cent rise in sales, driven by strong same-store sales growth in both its Canadian and U.S. stores.

The growth came despite a challenging market that included high unemployment and gas prices as well as shaky consumer confidence, CEO Paul House told analysts on a conference call to discuss the quarterly results.

THE CANADIAN PRESS

Autos

Ford adds 27,000 Windstar minivans to recall

Ford Motor Co. has added 27,000 Windstar minivans from Virginia to a larger recall because the rear axles can crack and fail.

The vans are now part of an August 2010 recall of more than 600,000 Windstars in the U.S. and Canada from the 1998 through 2003 model years.

Ford said at the time that the vans were sold in states where salt is used to clear the roads. Over time, the salt can cause the axles to rust, crack and even break, causing a driver to lose control.

Virginia wasn't included in the original recall. But Ford says a recent analysis shows that vans there can have similar problems. There were 11 reports of axle cracks from Virginia between October 2011 and March of 2012.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 99.91¢ (-0.26¢)

TSX 11,675.01 (-29.73)

OIL $96.81 US (-20¢)

GOLD $1,594.20 US (-$10.30)

Natural gas: $2.465 (+7.2¢)
Dow Jones: 12,835.06 (-97.03)

HUNGRY HOLLYWOOD

HE SAYS...
John Mazerolle
metronews.ca/hesays

Summer is almost here — and that means summer-movie season has been underway for only 14 weeks.

That might seem counter-intuitive, but that's only because you don't think like a movie exec (sniffing a marker helps).

The reason that "summer films" start while you're getting over your new year's hangover is, of course, that they make more money. Hollywood "event movies" attract more people willing to pay $13 ($47 with popcorn) because those films have a greater number of complex thematic elements involving explosions, car chases and bosoms.

So if you expand the summer to include months that aren't technically summer, you can expand on your explosions, and squeeze in more breasts and crash for cash.

This is vital to the modern movie exec because, as any trade publication will tell you, the movie industry is worse off financially than Greece. Attendance was down so far last year that insiders were comparing it to way back in — cross yourself if you're Christian — 1995.

Blockbusters

"They pull in crowds and often can save money by avoiding the services of a writer. Instead, a computer runs components of comedy, drama and pathos through a series of algorithms, then recommends a comic-book movie."

What with Hollywood's money woes, I expect George Clooney and Brad Pitt to be on the streets soon, putting down their bindles so they can throw rocks (and maybe the barrels they're wearing) at the Hollywood Riot Police. Somebody will say, "I'm getting too old for this" and Morgan Freeman will die one day before retirement.

So summer flicks are important. They pull in crowds and often can save money by avoiding the services of a writer. Instead, a computer runs components of comedy, drama and pathos through a series of algorithms, then recommends a comic-book movie.

The good news is this ploy usually saves the movie industry (and without a moment to spare!). The bad news is it will only be successful until 2024, when Hollywood will burn through the last possible remaining superhero adaptation (Aquaman III: War Seahorse).

It's a bad scene all around. If people stop going to the movies, they'll have to stop making them. Or stop paying actors $10 million a film — but that would be madness.

So, I beg of you, please go see all the summer flicks you can. If not for Hollywood, then for me.

You see, movies like The Avengers and Spider-Man and Battleship (Battleship?!) help keep the industry afloat so I can sit alone in theatres watching subtitled films that I pretend to understand. I'll accept your car chases and explosions and bosoms, if you'll accept my subtitles and nonsense scenes and, OK, bosoms.

Summer-movie season keeps expanding even as I hope that movies will get smaller. Or as Hollywood puts it, "I'm getting too old for this."

The Avengers: Keeping Hollywood afloat one explosion at a time.
ZADE ROSENTHAL/DISNEY/THE ASSOCIATED PRESS

Number of iPad users climbs

J PAT CARTER/THE ASSOCIATED PRESS

Orangutan friendly

They aren't just monkeying around

Experts who work with primates have been using sign language and other methods to communicate with apes for years. But with advancements in tablet computer technology, workers at Jungle Island in Miami are using iPads to better communicate with their orangutans, such as the one pictured above.

THE ASSOCIATED PRESS

Sound familiar?

"Our young ones pick up on it. They understand it. It's like, 'Oh, I get this'.... Our two older ones, they just are not interested. I think they just figure, 'I've gotten along just fine in this world without this communication skill here and the iPad, and I don't need a computer.'"

Linda Jacobs, who oversees the technology experiment at Miami's Jungle Island

Multi-touch

Intelligent mammals without voice boxes

Orangutans are extremely intelligent but limited by their physical inability to talk, said Linda Jacobs, who is head of the Miami-based program.

"They are sort of trapped in those bodies," Jacobs said. "They have the intelligence that they need to communicate, but they don't have the right equipment, because they don't have voice boxes or vocal cords."

THE ASSOCIATED PRESS

Tablet

Add 'tech savvy' to their resumé

Scientist and conservationist Birute Mary Galdikas, founder of Orangutan Foundation International, said orangutans are among the most intelligent animals.

"IPads seem to work for humans. It's not surprising that orangutans, who share 97 per cent of their genetic material with humans, like them, too," Galdikas said.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How do you feel about a new bill that would make it illegal to hide one's identity with a mask or disguise at a protest?

Twitter

@prairievagabond: "@hockeybychoice: Just because it's a beautiful day doesn't mean you can leave the bras at home. #yxe #downtown" YES IT DOES!! LUV SUMMER!

@chelsWOWW: Gonna get some concert tix for me and @jbrizzly to Dragonette XD... SO EXCITED!! Can't wait for that show #Dragonette

@hockeybychoice: Just because it's a beautiful day doesn't mean you can leave the bras at home. #yxe #downtown

@matt_dean10: What a day in #yxe! I think I'll go walk down by the river... with my shirt off, tucked into my pocket of course! #douchebaggery

@knownastron: The #YXE sunshine is the best.

metro

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2
SCENE

New role

Attwell to star in Gil Junger's 10 Things I Hate About Life

Hayley Atwell of Captain America: The First Avenger will be starring in a new film with a somewhat familiar title. Intandem Films said Wednesday that Atwell has been cast in 10 Things I Hate About Life, a romantic comedy to be written and directed by Gil Junger. Junger directed the hit 1999 movie 10 Things I Hate About You, which starred Heath Ledger, Julia Stiles and Joseph Gordon-Levitt. Intandem will produce 10 Things I Hate About Life with Mad Chance Productions, according to literary and talent agency APA. The 30-year-old, London-born Atwell was a 2010 Laurence Olivier Awards nominee for the play A View From the Bridge. Her other film credits include The Duchess and Brideshead Revisited.
THE ASSOCIATED PRESS

On the web

Ex-Village People lead singer wins legal battle to regain rights to Y.M.C.A

Jay Semko, whose latest offering is album of love songs called Sending Love, will be playing The Refinery on May 17 HANDOUT

Love and sobriety have given Semko new life

Feeling rejuvenated. Saskatoon artist says his new approach and material comes from living clean and the bond with his partner

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

In a career that has taken him across the country and garnered international acclaim, both as a member of the Northern Pikes and as a solo artist, Saskatoon's Jay Semko admits there is still some trepidation when it comes to the hometown gig.

"It's always different than anywhere else," said Semko, while laughing. "Partly because people here can also see me at Superstore."

Fans who aren't lucky enough to see him in the produce section will get their chance when he performs an acoustic set at The Refinery next week (May 17). He says the shows at home are easier on him now than they once were.

"I still can get a little bit nervous," said Semko. "But there's more of a confidence factor now." That feeling stems from some big changes in his lifestyle.

"I cleaned up a few years ago, I've been sober for five years now and that's been a big part of getting my confidence back," said Semko.

Success has also played a role in building Semko's confidence. He recently received the Roots Album of the Year Award from the Saskatchewan Country Music Association for Force of Horses and his gospel song Drop You in the Water has been nominated for an International Independent Music Award.

But one only has to press play on his latest CD Sending Love to discover which change in his life has had the greatest impact. "Being in love adds a whole new dimension to your life," said Semko. "I feel completely rejuvenated."

Semko describes the CD of love songs as "pouring out of him quickly" inspired by his partner, Colli Christante, whom he met two years ago. The partnership has taken off on all fronts as she now also manages his career.

Quoted

"I still get a little bit nervous but there is more of (a) confidence factor now."
Jay Semko
Commenting on how he feels before a local show

Things set to heat up for Cold Specks

When a new singer is obscured by not one but two pseudonyms — as is the case with buzzy Canadian upstart Cold Specks — it first seems as though she's intentionally cultivating mystery, an increasingly popular publicity strategy in music.

But the rapidly rising Etobicoke, Ont., chanteuse — who uses the second alias Al Spx when introducing herself in friendly conversation — insists that all the secrecy has nothing to do with trying to court curiosity.

"My family, for one, they're religious and they wouldn't be too pleased with the content of the album.

"And also I'm really private.... I'm proud of the music, but I just feel I'd rather not have a bunch of strangers know who I am."

A few months ago, it would have been startlingly premature — not to mention presumptuous — for Spx, a fledgling artist with no album to her name, to be worried about the dangers of fame.

But now, with debut album I Predict a Graceful Expulsion due out on May 22 — and with the British press having worked itself into one of its trademark tizzies — she just looks prescient. Ready or not, Spx will be under the spotlight soon. THE CANADIAN PRESS

Privacy is paramount for Ontario's Al Spx. HO-KILLBEAT MUSIC/THE CANADIAN PRESS

Richards, Sambora back together

Five years after splitting up, Richie Sambora and Denise Richards are back together, they confirm to Us Weekly. And it turns out Richards' recent adoption of a baby girl helped win Sambora over again.

"That is just a wonderful, wonderful, wonderful thing. When she did that, it just made me fall in love with her more," he says.

"It's such a beautiful thing to do. It's such a giving thing."

Richards also has two daughters, 8-year-old Sam and 6-year-old Lola, with ex-husband Charlie Sheen.

Justin Bieber

Biebs gets his degree

Justin Bieber can add high-school graduate to his list of accomplishments, he tells the Daily Telegraph.

"I just finished high school," says Bieber, who managed to squeeze in time for classes and studying while on the road. "I passed my test. I'm free! It was hard doing school and work every day." So why was finishing school so important to the top-selling pop sensation? "(Getting my degree) was something my mom really wanted me to do, so I had to do it for her," he says.

More kids for Beyoncé?

Motherhood is having a profound effect on Beyoncé, she admits to Entertainment Tonight.

"I have such a full life," the pop star says. "I feel like now I know the reason that I was born."

So, given that new sense of fulfillment, will she and Jay-Z be adding more babies to their family soon?

"Of course! Yes. I don't know how many. God knows, I don't know yet," she says. "But I definitely want to have more. I don't know about soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina's still a fighter

MONICA WEYMOUTH
scene@metronews.ca

You know The Voice has arrived in the world of reality TV when its feuding judges are making more headlines than the contestants. Jermaine Paul may have been crowned the winner Tuesday night, but all eyes were on Christina Aguilera.

Some called out Aguilera for being unreasonably harsh with contestant Tony Lucca — a fellow Mickey Mouse club alum — which reportedly led to problems with Lucca's mentor on the show, Maroon 5 frontman Adam Levine.

"You could cut the tension with a knife," a source tells UsMagazine.com of Monday night's taping.

"Adam also talks a ton of s— about Christina and makes fun of her behind her back."

While Christina claims it's not personal and doesn't even remember Lucca from their Disney days, another Mouseketeer isn't so sure.

"Britney was in love with (Lucca). Christina was in love with him. Mylin was in love with him," Dale Godboldo tells TMZ. "All of this (Voice) madness was not brought on by Tony."

Christina reportedly apologized backstage to Lucca for the drama, but come on — this is the closest thing a child star has to walking into her high-school reunion looking hot. If she needs to spin around in her Voice space chair and pretend not to recognize the chubby quarterback begging for approval in front of her, we say go for it.

John Travolta. ALL PHOTOS GETTY IMAGES

Another lawsuit filed against Travolta

A second unidentified man has filed a $2 million sexual battery suit against John Travolta, according to Radar Online. The new accusation centres on a massage session in an Atlanta hotel during which a naked Travolta allegedly behaved in a sexually aggressive and forceful manner.

The new accuser claims to have "substantial documentation and numerous witnesses regarding the substance of Travolta's actions," according to the lawsuit.

The second man is being represented by the same lawyer who brought forward another man's accusations late last week that the actor made unwanted sexual advances during a massage.

Travolta's lawyer calls the second lawsuit "as absurd and ridiculous as the first one."

Hoffman the hero

Dustin Hoffman jumped into action after seeing a jogger collapse in London from a heart attack, calling paramedics and staying by the man's side until he was OK, according to the Sun.

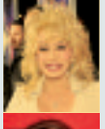
"Dustin was fascinated," a paramedic tells the newspaper. "He seemed impressed we'd got this guy back so quickly. When we were carrying the patient into the ambulance he walked up and said, 'Great job, guys.' He really appreciated what had happened."

As for the jogger?

"I have no memory of what happened," the man, Sam Dempster, says. "The paramedics told me I had been saved by Dustin Hoffman. It's unbelievable."

Twitter

@alecbaldwin
When 30 Rock is over, should I: A- do a 30 Rock musical on cruise ships B- join the cast of another existing TV show. C- spin the wheel and try to make movies for a living again. D- lay down and just give up and rake leaves (which I am good at) ????



@Dolly_Parton
If I tried to jog with these boobs, I'd end up with two black eyes! Enjoy the beautiful weather!!

@paulaabdul
never been a big fan of absolutes like "you never.." or "they always.." or "no one will ever.." it feels so hopeless.

3 LIFE

Style in brief

Would you wear l'eau de Brad Pitt?

Brad Pitt is the new face of Chanel's No. 5 perfume. The French-based company announced Wednesday that the 48-year-old actor will star in an upcoming ad campaign for its signature women's scent. Other famous names who have been the face of Chanel include Catherine Deneuve, Nicole Kidman and Audrey Tautou. Chanel's founding designer, the late Coco Chanel, also modeled in ads in 1937 for what is now the company's oldest fragrance. It remains one of the world's top-selling perfumes. Pitt, once named People magazine's Sexiest Man Alive, is engaged to longtime companion Angelina Jolie.
THE ASSOCIATED PRESS

On the web

Beyond floral prints: Native New Yorker's innovative living dresses bring Central Park to North Dakota

There's No Doubt Stefani line will be a hit at Target

Dressing tweens. Stylish singer balances fun fashion with age-appropriate items in her new line for young girls

Gwen Stefani is no stranger to multitasking, juggling her music career — she's wrapping up a new album with No Doubt — and her fashion projects, which include the debut of the newest Harajuku Mini collection at Target next week.

But, Stefani says, it's her sons that mostly keep her on her toes. Some days, running Kingston, 6, and Zuma, 4, back and forth to school, doing homework and tucking them into bed seems to take up the biggest part of her day.

"I like to be with them whenever I can, of course," the 42-year-old singer-designer says. Her mother was very hands-on, and Stefani says that's what she's striving to do. Some of her favourite memories include wearing Holly Hobbie bonnets and velvet dresses with lace collars that her mother made for her.

"Growing up, I had a really amazing mom who was really creative. She made stuff for every holiday, and I learned how to sew. ... She has really good style — and I feel like my parents let me be creative — but they'd always check my skirt length," Stefani says.

Stefani has been designing her LAMB line for women for nine years, so, she says, this collaboration on a children's line came pretty easily because she knows the design and manufacturing process, has more ideas than she knows what to do with, and has learned to edit herself for a clear, consumer-friendly message.

Plus, how much fun is it to dress up grade-school girls?

"When I first started this line, I thought it was going to be for under 5, but Target wanted me to do the bigger girls, which is a really strange age," she says.

"They're so inspired by things they see, trying to find themselves, expressing themselves. They're influenced by friends, what they see on TV and the Internet. I thought it sounded like a big job but I've gotten into it."

The clothes, available in stores Monday, are a mix of the girlie frills and masculine silhouettes that Stefani says are staples of her own wardrobe.

And she's conscious of being age-appropriate.

"That part is challenging," she says, "but I think we've done a good job."
THE ASSOCIATED PRESS

Fashion wars

Stylish kids

While tween girls are willing to take style advice from Gwen Stefani, her sons have no problem saying "no," especially Kingston, who likes to pick out his own outfits any chance he gets because he wears a uniform to school. Mom still wins the fashion wars occasionally, though. "I do like to do a matching outfit at holiday time," she says.

Despite being a fashion icon, Gwen Stefani says her son Kingston loathes to take advice from mom. THE ASSOCIATED PRESS

Phenomena

TRACK SUITS — YAY OR NAY?

YAY

If it's of the Adidas variety, you'll be giving off a kind of old-school RUN-DMC-style cool.

Nothing beats them for a walk home from the gym.

They never require ironing.

NAY

If you're under the age of 25, you'll just be giving off a Justin Bieber, boy-band-wannabe style. Not so cool.

Wear it anywhere other than your local basketball court and people will think, "What is this, the gym?"

The whole soccer hooligan thing. Have you never seen The Firm?

Bye espresso, hello sweet caramel

The sun is shining, so why not give your place a trendy summer tan? This warm copper colour will spread a beautiful glow throughout your house

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether we call it camel, caramel or tan, this warm glow is quickly replacing that dark espresso brown that has dominated the home furnishings market for the past few years.

This rich copper tone evolves from antique saddle leather and the cognac wood tones from the 1950s. It's a great way to warm up the popular grey that everyone is drawn to these days and matches perfectly with the mid-century walnut and teak-wood tones.

How to incorporate tan into your decor scheme: Tan helps to warm up the dark espresso and grey hues which most everyone has in their decor. This warm copper hue looks fantastic with popular summer colours like ink blue, kelly green or any version of lavender/purple.

Adding creamy warm tones will make it feel comfy and traditional. Adding crisp white and bolder colours will make it look contemporary.

It's most stylish paired with this year's biggest colour: bright orange. But be weary; it can look horrible with pastel colours like mint green, yellow and peach.

Toro Lounge Chair

You will be hanging (literally) in the thick, saddle leather sling of this modern beech wood and leather lounge chair. Its pale tones will lighten up a dark corner in a bedroom or lounge.

Toro Lounge Chair, $1,480/URBANMODE.COM

Emerson Secretary Desk

Handcrafted and completely upholstered in leather with brass hardware. A hinged panel drops to become a writing surface and there are lots of cubbyholes and drawers for storage. A perfect desk to house the laptop computer and all the other electronic devices that invade out lives.

Emerson Secretary Desk, $1,600/CRATEANDBARREL.COM

Diane Von Furstenberg Highrise goblets

Add the drama of deep, rich caramel to the summer table — teamed with bright turquoise and crisp white dishes, they'd be perfect for those chic luncheons on the terrace.

Diane Von Furstenberg Highrise goblets, $60 for a set of four/HBC.COM

Koldby Cowhide Rug

A decorator classic accessory at a fantastic price! Soften up hard wooden floors or spread out over broadloom for a layered look.

Koldby Cowhide Rug, $299/IKEA.CA

Pillow and mattress care

Let's count sheep, not dust mites

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the butler, I'm wondering how to properly clean a pillow top mattress. I'm doing my spring cleaning and I want to clean this as well. Any tips or suggestions? Thanks, Carissa

Hello Carissa!
Good on you for your cleaning. You should have on hand a good vacuum cleaner, vinegar and baking soda. Now here is what you need to do!

1. Vacuum the mattress using the correct vacuum cleaner attachment. Be sure to lift the lip of the pillow top and get underneath.

2. Mix a multi-purpose solution of equal parts vinegar and water in a spray bottle and lightly mist the mattress with it.

3. Sprinkle a light layer of baking soda all over the mattress and allow it to sit for three or four hours before vacuuming it up.

4. Vacuum the mattress thoroughly so that you remove all of the baking soda.

5. Voilà! A fresh and clean mattress for the spring season!

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

It's where you sleep, so you might as well keep it clean. ISTOCK IMAGES

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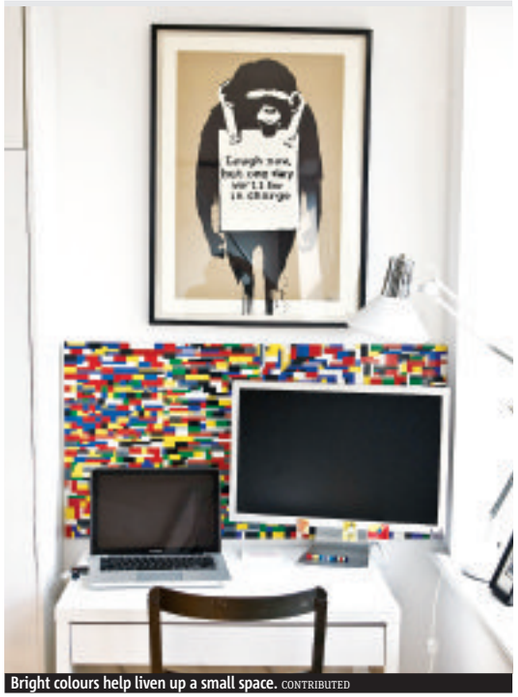

Bright colours help liven up a small space. CONTRIBUTED

Create an inspiring office in a tiny space

Home decor. Ways to build a dedicated place to work in a small urban apartment

KENYA HUNT
life@metronews.ca

One of the biggest complaints full-time freelancers make about working at home is feeling like they're never able to leave the office — because it's literally in their living room.

While urban living often means small quarters, it's certainly possible to create a separate home office that feels like a dedicated work space — even if it's just in a tiny studio. Here's how:

1. Carve out a clear-cut space
Corners generally work best when creating a work nook. Select a corner of your kitchen, living room or studio apartment that gets particularly good light and then tape the floor to demarcate exactly how large or small you want your "office" to be.

Be strict about containing your office furniture and any other related work materials to the space you've taped off, so as to have a clear work-only zone in your home. Just be sure to remove the tape once you've finished decorating.

2. Set a different tone
Does the rest of your home have a maximal look that's densely filled with decorative items from your past 10 years of travel? Then make your work space clean and minimal. Is your apartment already sparse? Then buy a bold piece of artwork, create a mood board, or put together a small gallery of images to hang above your desk and define the look of the space, setting it apart from the rest of your home. Bottom line, you want to be able to sit down at your desk and feel like you're in a different zone — a productive one.

3. Keep the furniture lean
A simple tabletop with two legs will do. The bulkier the desk, the smaller it will make the rest of your kitchen or living room (or other multi-tasking space) feel. So keep your desk compact and lean, with no more than two drawers. The downside is that you won't have much storage space for books, files and whatnot. The upside is that it will be a great test in how to stay organized.

4. Pick a few signature colours
This will give your nook its own look and character. Do this through an accent wall, wall decals or decorative accessories. Colours are an age-old mood booster. That means a dedicated palette can help you feel like you're stepping into the office — and most importantly, leaving it behind — at the beginning and end of each day.

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FORCE FOUR

Surprise mom: Skip eggs for trendy bites

Cinnamon Sugar Croissants

This recipe makes 24 servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

No matter how much she would appreciate it, and no matter how much you love your mom — or the mother of your children — you aren't likely to make her croissants from scratch.

The trick is to outsource the pastry. While technically not the same as true croissant dough, sheets of frozen puff pastry can stand in just fine. They are widely available in the dessert freezer section of most grocers.

Keep the recipe simple by sprinkling the croissants with a blend of cinnamon sugar.

1. Heat the oven to 375 F. Line 2 baking sheets with parchment paper.

2. In a small bowl, mix together the cinnamon and sugar. Set aside.

3. One at a time, unwrap and unfold the sheets of puff pastry. Use a paring knife to cut the sheet in half lengthwise. Starting in one corner, cut each half into 6 triangles. Use a rolling pin to lightly roll out each triangle to just barely flatten. Lightly brush the triangles with melted butter.

4. Sprinkle a bit of the cinnamon sugar over each triangle. One at a time, start with the wide end of each triangle and roll it into a log. Gently bend the ends so they curve inward to form a crescent.

5. Transfer to the prepared baking sheets. Repeat the rolling with the remaining triangles.

6. Brush the tops of each croissant with a bit more butter, then sprinkle a bit more cinnamon sugar over each. Bake for 20 minutes, or until puffed and lightly browned. Let cool for several minutes, then serve warm.

THE ASSOCIATED PRESS

Ingredients

Start to finish: 40 minutes

- 2 teaspoons cinnamon
- 1/4 cup sugar
- 17.3-ounce package frozen puff pastry, thawed (each package contains 2 pastry sheets)
- 4 tablespoons butter, melted

Mortgage Advice
FROM THE PROFESSIONAL

TMG
Scott Trainor
scott@mortgagegroup.com

NO DOWN PAYMENT - NO PROBLEM

I received a call last week after my article ran from Marlena. She asked, "Scott, if I don't have a down payment, what are my options?"

In Canada, you need to have 5% of the purchase price available as your down payment. However, depending on your credit history, there are several ways you can get the down payment.

The traditional method is to save for it. This is the most common approach for Canadians however with the volatility of house prices in Saskatoon it can be difficult to save that much cash in a short period of time. Another traditional method is using your RRSP's through the First Time Home Buyer Plan.

A second option is a gift. The gift must be from an arms-length family member, and is seen as being non-repayable.

The "flex down" is a third option. With this approach you use credit as your down payment in the form of a loan or line of credit. Care must be taken that with the use of credit, one can still qualify for a mortgage given their increased debt load.

The last option is the "zero down" mortgage, these are offered by various banks, but retail at a higher interest rate. The mortgage is signed in most of the time at the posted rate, currently 4.99%. The bank then advances you the 5% to cover your down payment.

If you have any questions about the various down payment options available to you, or any other mortgage questions call me 222-9779, tweet me @tmgtrainor, or email scott@mortgagegroup.com. It's your money. Stay informed.

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Fresh ways to say 'I Love You'

Appreciation. Surprise mom with these ideas to celebrate the most important woman in our lives

ASTRID VAN DEN BROEK
For Metro

While most moms would cheerfully accept a late sleep-in, a homemade breakfast in bed or a lovely mid-day brunch out as a token of appreciation for Mother's Day, maybe this year you can freshen up your ideas to surprise mom.

We asked Ann Douglas, author of The Mother of All books series and a mom to four children, for some thoughts on new ways to celebrate this important woman in our lives.

GREEN THUMB IT

Got a mom who loves to garden? Share her passion, suggests Douglas.

"Plan to spend Mother's Day afternoon visiting a garden centre, picking out some plants, seeds, gardening tools, or books for a special garden you will plant together."

GET CREATIVE

Spend some quality time with mom by upcycling. "Turn an old sweater into a throw cushion or give an old dresser that's missing some drawers a makeover," says Douglas.

HEAD OUTSIDE

"Take a hike with mom," suggests Douglas. Be sure to snap some photos of the day and put some thought into how you will display those photos — think turning the pictures into fridge magnets or hanging them on a mini-clothesline.

START A SWAP

Expand mom's literary repertoire by organizing a book swap for her. "The moms might be too busy to pull this off on Mother's Day, so plan to do this in a few weeks' time. Ask your mom to select a half-dozen books she loved, but that she's unlikely to read again. Then ask her to invite a half-dozen friends — and tell her friends to do the same. Tell her you'll make dessert, coffee, and tea and serve her guests during her book swap."

Get creative and head outside with mom this Mother's Day when you are thinking of gift ideas. ISTOCKPHOTO/THINKSTOCK

GET CRAFTY

Start a Mother's Day scrapbook that you will add to every year, suggests Douglas. "Take photos and write stories about you and your mom and the adventures you've had this year."

START WALKING

Get your mother moving by teaming up for the Breast Cancer Society of Canada's annual walk (check out mothersdaywalk.ca for the locations near you). Or if your mom really wants to get going, sign up together for a running clinic or start a race training program. Retailers such as The Running Room offer clinics for walkers and runners of all levels, as well as race training plans.

If mom isn't a runner or walker, opt for something else to get her out and about, such as a yoga or a dance class you can take together.

CHARITY GIFT GUIDE
METRO CUSTOM PUBLISHING

DAUGHTER'S COURAGE GIVES MOM STRENGTH

To paraphrase Lao Tzu: A mother who loves deeply gives courage, while a mother who is loved deeply receives strength. That is true for Michelle and daughter Paige, whose lives have been touched by the power of a wish. Paige was only two when she was diagnosed with acute lymphoblastic leukemia.

"The nurse held my hand, looked at me and said, 'You're on a new journey now, and that's OK,'" Michelle recalls. The journey itself was heart-rending with chemotherapy treatments, doctors visits and "pokes," a word Paige and Michelle used for the countless injections she needed to endure. Later, Michelle learned Paige could receive a wish from Children's Wish and the journey took a markedly positive turn.

One day, as they drove by a playground, Paige asked, "Can I have that?," the way some children might ask for a pony.

At first, Michelle replied, "Umm, no honey," but then remembered the wish and the answer became yes.

Paige is now cancer free.

CHILDREN'S WISH PHOTO

Today, Paige is cancer free and the bond between mother and daughter is deeper than ever. "I was told once by a friend, 'Your strength is her strength.' That's reversed. Watching what she has gone through has taught me that her strength is my strength. That's my girl, I can't be more proud of her."

The Children's Wish Foundation of Canada relies on donors and volunteers to grant a wish to children with a life-threatening illness. Donors can purchase a Mother's Day gift in honour of that special person at catalogueofwishes.ca.

Celebrate the special bond between a mother and child
Shop from the Catalogue of Wishes
Children's Wish
Show your mom how much her love means and help create the magic of a wish!
Visit www.CatalogueOfWishes.ca today

4

SPORTS

Cycling

Hesjedal now 4th at Giro D'Italia

After the Garmin-Barracuda squad won the team time trial at the Giro D'Italia Wednesday, Garmin riders are 1-2-3-4 in the overall standings, with overall contender Ryder Hesjedal of Victoria fourth.

THE ASSOCIATED PRESS

Tennis

Raonic upset repelled by Federer

Canada's Milos Raonic pushed Roger Federer to the brink in the second round of the Madrid Open.

But the native of Thornhill, Ont., couldn't complete the upset as Federer survived two tiebreakers en route to a 4-6, 7-5, 7-6 (4) win on Wednesday.

THE CANADIAN PRESS

Milos Raonic GETTY IMAGES

NHL

Ownership change in St. Louis

The St. Louis Blues have a new owner. The NHL's board of governors unanimously approved the sale to a group led by Tom Stillman Wednesday. The price was not disclosed, but is believed to be about $130 million US.

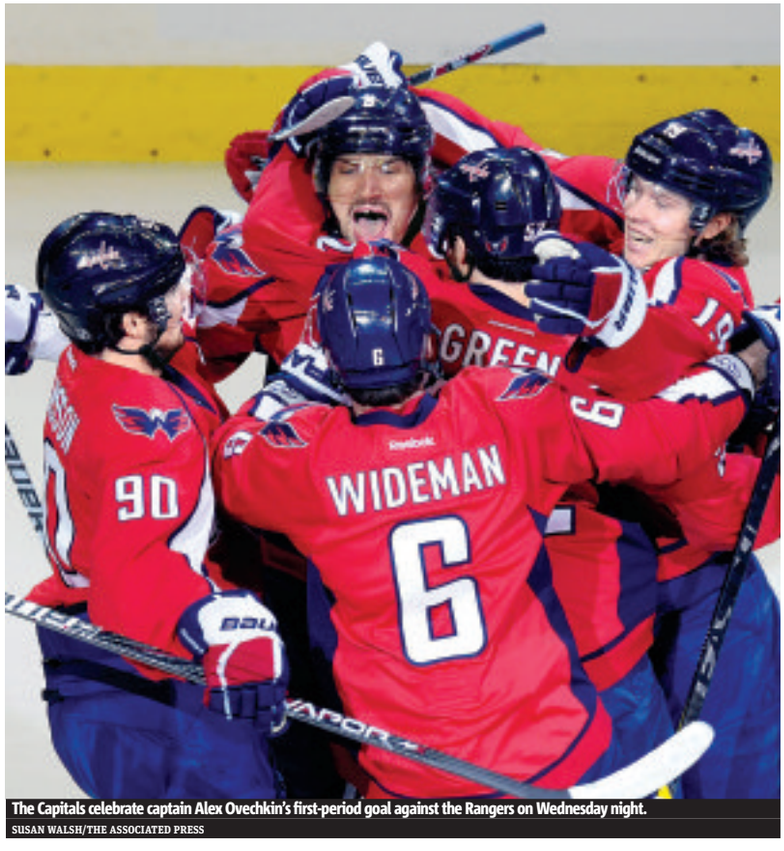
THE ASSOCIATED PRESS

MLB

"If it's my call, I don't want to leave the game the way it happened."

Mariano Rivera. The Yankees closer has a blood clot in his right calf, the latest problem for the right-hander who tore ligaments in his knee last week. He is on blood-thinning medication and says he's OK.

Capitals refuse to bow out



The Capitals celebrate captain Alex Ovechkin's first-period goal against the Rangers on Wednesday night.

SUSAN WALSH/THE ASSOCIATED PRESS

NHL. Ovechkin, Holtby lead way as Washington sends series to New York for Game 7

Lose one game, win the next.

No matter how seemingly devastating a defeat, in overtime or otherwise, the Washington Capitals — from two-time NHL MVP Alex Ovechkin to playoff rookie goalie Braden Holtby — simply do not allow setbacks to bother them. They regroup, get back out there and follow a loss with a victory, each time by the slimmest of margins.

Ovechkin rebounded from a rare zero-shot performance by scoring after 88 seconds Wednesday night, Holtby made 30 saves, and the Capitals recovered the way they always seem to, beating the top-seeded New York Rangers 2-1 to force a Game 7 in the Eastern Conference semifinal series.

"We're resilient," Washington defenceman Karl Alzner said. "We have that thick skin. We know when to battle back when we need to and have to."

Never moreso than after Game 5 on Monday night, when No. 7-seeded Washington managed to blow a lead in the last 10 seconds of regulation. New York scored a power-play goal with 7.6 seconds left in the third period to tie it, and another 1-1/2 minutes into overtime to win it.

The Capitals could have folded. Instead, they staved off elimination, and the teams will meet in New York on Saturday night to determine who will face the New Jersey Devils in the conference finals.

"It's where we want to be," Holtby said. "We didn't expect a short series."

The Capitals are 4-0 in games that follow overtime losses in the playoffs. One other bit of proof that they know how to bounce back: They haven't lost consecutive games since March 22 to 23.

THE ASSOCIATED PRESS

Game 6

Capitals	Rangers
2	1

By the numbers

6-0

Capitals goalie Braden Holtby is 6-0 after any defeat this post-season, his first in the NHL.

UFC

"I'm excited to be able to conquer the hearts of the Canadian fans. There is another fighter here named Georges (St-Pierre) who was able to do that. I'd like to be able to do the same."

Featherweight champion Jose Aldo, promoting his UFC 149 fight against challenger Erik Koch in Calgary on Wednesday. The July 21 bout at Scotiabank Saddledome is Aldo's second title defence in Canada. The 25-year-old from Rio de Janeiro defeated Mark Hominick last year in Toronto and is on a 14-fight winning streak. It's the first-ever UFC card in Alberta and one of three UFC events scheduled in Canada in 2012 with dates in Toronto and Montreal later this year.

On the web

Jonathan Quick continues to defy expectations for the L.A. Kings, compiling a 1.55 goals-against average and a .949 save percentage with just one loss through two rounds of the playoffs. His hard-working style will be front-and-centre in the Kings' upcoming clash with the Phoenix Coyotes in the Western Conference final. Scan the code for the story.

NBA. James leads way as Heat eliminate Knicks

LeBron James decided not to play in New York two summers ago. He won't be playing there anymore this season, either.

The Knicks have been put away, and the Miami Heat are headed to the second round of the NBA playoffs.

James had 29 points, eight rebounds and seven assists, Chris Bosh and Dwyane Wade scored 19 each and the Heat ousted the Knicks 106-94 in Game 5 of the first-round series Wednesday night.

Miami won the series 4-1, and will meet Indiana in the East semifinals starting Sunday.

"We will savour this win tonight," James said. "And then we get to work tomorrow and get ready for Indiana."

LeBron James GETTY IMAGES

Carmelo Anthony scored 35 points for the Knicks.

It wasn't enough for the Knicks and Anthony, who was chosen two spots behind James and immediately ahead of Bosh and Wade in the 2003 NBA draft. THE ASSOCIATED PRESS

NHL

Koivu ducks free agency to return to Anaheim

Centre Saku Koivu re-signed with the Anaheim Ducks on Wednesday, agreeing to a one-year deal worth $3 million US to return for his 17th NHL season.

The 37-year-old Koivu scored 38 points in 74 games for the Ducks last season. It was the lowest-scoring full season of his NHL career.

"I'm confident and really optimistic," said the centre, who made $2.5 million last year. "I didn't need more time to wait and see where this is going to go." THE ASSOCIATED PRESS

CFL. Als GM calls for tweak of CFL draft rules

Montreal Alouettes general manager Jim Popp said Wednesday that CFL teams should only be selecting NCAA underclassmen who declare they're leaving school and favours adding more rounds to its draft to get more Canadian players into training camps.

"I love the way we handle the CIS but I don't think (NCAA) kids should be in our draft until they declare they're coming out," Popp said.

"They can get hurt, they can get signed by NFL teams and we're all put in the position where, do we take maybe the best guy, or do we draft somebody who's not as good and see what happens in a couple of years?"

Quoted

"I don't think we should be drafting juniors because we don't know what's going to happen."

Alouettes GM Jim Popp

Currently, Canadian players in the NCAA become eligible for the CFL draft in their fourth year. Trouble is, many are redshirted — they participate in the academic year but not the football season — and after being drafted in Canada return to school for their senior year then become eligible for the NFL draft, delaying their return to Canada. THE CANADIAN PRESS

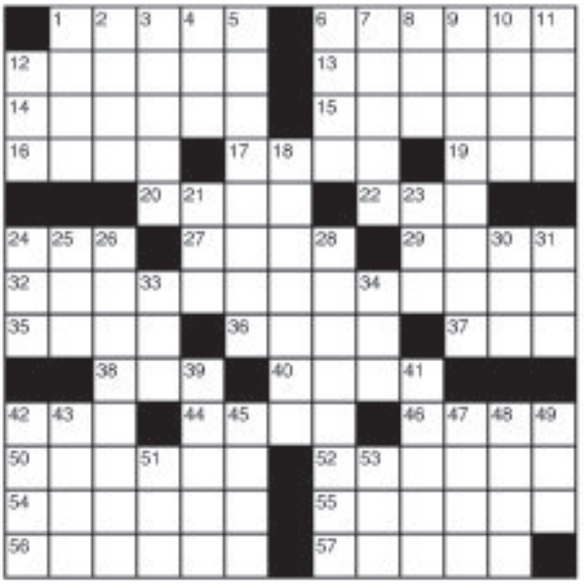
Crossword

Across

1 Tea variety
6 Wahines' greetings
12 Tire type
13 Rest
14 "2001: A Space Odyssey" writer
15 Forgoes restaurants
16 Bullets
17 Burn some
19 Youngster
20 Presidential power
22 Dundee denial
24 Egos' counterparts
27 007 villain
29 Despondent
32 Signs of wonder
35 Unaccompanied
36 Great Lakes tribe
37 "Of course"
38 Pole employee
40 Verve
42 Exemplar of easiness
44 Sci-fi knights
46 Open a bit
50 Proportions
52 Character
54 Hymn renderers
55 Walking on air
56 Pace
57 Angers

Down

1 Tropical tree
2 Cheese choice
3 Russian ballet company
4 Squirrel's hangout
5 Shockingly exciting
6 Neighborhood
7 Memorize
8 Make up your mind
9 Inn
10 One side of the Urals
11 Fax
12 GE merger co.
18 Esteemed
21 NYC summer hrs.
23 Attorneys' org.
24 Smart figures?
25 Twosome
26 TV channel knob, e.g.
28 Youngman joke
30 Guitar's kin
31 Double curve
33 Costa del —
34 Culpa preceder
39 Norwegian inlet
41 Birth-related
42 Circle portions
43 Money of Thailand
45 Being, to Brutus
47 Twine fiber
48 Belligerent deity
49 Crimson
51 Afternoon hour
53 "When We Were Kings" subject



Sudoku

3		7	9		1	6		5
		2				3		
	9						7	
		3	4		2	9		
9								1
		5	3		8	7		
	6						1	
		8				5		
4		1	5		6	8		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SGOTZNG EG OLYKUYZTHHF GFGSTHHN XGLXHG BZIGHF, EG ETN GTBYGI KEG YUODYTWG "NKTBG WTNKGB."

Yesterday's Cryptoquip: WHEN A GUY'S WALKING CANE IS TOO SMALL FOR HIM TO USE PROPERLY, I RECKON HE'S UNDERSTAFFED.

Today's Cryptoquip Clue: E equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 11°/1° Variable
Friday 14°/4° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. A friend appears to have turned against you. Don't get too worked up because most likely it is a simple misunderstanding.

Taurus | April 21 - May 21. Things you were unable to say in the past won't be so hard to say now that Mercury, planet of communication, has joined the Sun in your sign.

Gemini | May 22 - June 20. Don't let someone talk you into getting involved with something you don't feel entirely happy about.

Cancer | June 21 - July 22. You need to get back to basics and work out why a project of some sort has failed to get off the ground.

Leo | July 23 - Aug. 22. Cosmic activity at the mid-heaven angle of your chart urges you to be ambitious but it also warns you don't have to be too aggressive.

Virgo | Aug. 23 - Sept. 22. Your confidence is sky-high at the moment and it will climb even higher. Keep making the most of it.

Libra | Sept. 23 - Oct. 22. Try not to pay attention to what critics say today because they are desperate to undermine your confidence.

Scorpio | Oct. 23 - Nov. 21. A loved one will say something nice today and whatever differences there may have been between you in recent weeks will be forgotten.

Sagittarius | Nov. 22 - Dec. 21. Jupiter in the work area of your chart suggests you have taken on too many responsibilities.

Capricorn | Dec. 22 - Jan 20. This is one of the best times of the year for you, a time when you can make anything happen.

Aquarius | Jan. 21 - Feb 18. It seems you are out of step with those around you. The herd is for losers, and you're a winner.

Pisces | Feb. 19 - March 20. Someone you meet on your travels today will tell you something worth knowing that'll make you smile. Pass it on and make others happy too.

SALLY BROMPTON

Caption Contest

"Your prince awaits!"
Julia M.

LUKE GRONNEBERG, SIDNEY DAILY NEWS/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy — hard

STOP HAIR LOSS

Introducing the new BIO-FEN® PLUS for MEN and for WOMEN

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT*(which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

#1 SELLING IN CANADA

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

See our website to locate your nearest store that carries *Bio-Fen® Plus.*

www.biofen.com

Available at Health Food Stores, Supplement Stores & Independent Pharmacies